

LIST OF CLASSES & RESOURCES AVAILABLE:

- **BUDGETING FOR BABY CLASS**

Register at Navy-Marine Corps Relief Society by calling (559) 998-4045. Upon completion of the class will receive Layette for new baby and lots of information/resources.



- **PRENATAL CLASS**

Topics cover: Prenatal Care, Nutrition, Activities etc. Offered by the OB-Gyn Clinic every other Tuesday. To register call the Central Appt. at (559) 998- 0889

- **CHILDBIRTH CLASS**

5 wk sessions every Tuesday at 6:30 PM. Topics cover: Pregnancy Info., Relaxation/ Lamaze techniques, Active labor, C-section etc. Maternal and Infant Unit - NHL. To register call (559) 998- 0889

- **INFANT CARE AND PARENTING CLASS**

This class will help you prepare for pregnancy changes and the birth of your baby, preparing, caring, and keeping baby safe. For more information call the Fleet and Family Support Center @ (559) 998-4042/4033

- **WOMEN INFANT AND CHILDREN (WIC)**

Kings County WIC
330 Campus Drive
(559) 582- 0180

WIC 1-800-500-6411

Call for eligibility requirements



QUICK FACTS

All New Parent Support Home Visitation Program services are **FREE!**

All **expectant and new parents with children 0-5 years of age are eligible**, even if this is not your first baby

We provide: **Information & Referral, Nurturing Parenting Education and Home Visiting Services**

Individualized services means you tell us what your interests and needs are

We want to help you **give your baby the best gift of all:** a Loving, Nurturing & Happy Parents!

Our team provides **Family Centered Care....**

CHILD CARE INFORMATION

Child Development Center
965 Franklin Avenue
Naval Air Station Lemoore, CA 93245
(559) 998- 4918

Military One Source Childcare Locator:
www.militaryonesource.com or call (800) 540-4123



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New
Parent
Support
Home
Visitation
Program



***“The more the parent knows....
the stronger the family grows”***

Location:

FLEET AND FAMILY SUPPORT CENTER
930 Franklin Avenue
Naval Air Station Lemoore, CA 93245
Tel. No. (559) 998-4042/ 4033
E-mail: carolyn.ramos@navy.mil

Are you a new or expectant Navy Parent?

If you are, then the NPSHVP is a benefit available to you. It is a Navy program that provides a variety of support, referral and education services for expectant and new parents. We serve both single and married, active duty and eligible family members.



Do you have concerns and questions, but aren't sure where to turn to for help?

The professional, experienced Home Visitor provides confidential assistance.

A home visitor meets with parents to determine their needs. Introduces them to helpful services in the military and civilian community and gives one-to-one support and education.

Navy + Pregnancy & Parenting + STRESS and more STRESS

Service members and family members are put in uniquely **stressful** situations, such as lengthy deployments and frequent moves, often with limited support. Add the normal anxieties of pregnancy and a new baby, and the stress can be overwhelming.

ACTIVE DUTY MOMS – TO – BE...

have some very special concerns and will have some additional preparations to make before your baby arrives.



NPSHVP can help you plan and be ready in time for your maternity leave.

It's not too early to be thinking about childcare, housing options, feeding your baby, or financial preparations!

Babies Don't Come with Instruction Manuals

(That's why we're here.)



New Parent Support Home Visitation Program now offers Nurturing Parenting Program....

What is taught in the Nurturing program?

- ◆ Self-awareness
- ◆ Empathy
- ◆ Discipline alternatives
- ◆ Age-appropriate expectations
- ◆ Bonding and attachment

Who is the Nurturing Program for?

- ◆ The Nurturing Program is for any family that wants to get along better, communicate more and feel closer to each other.
- ◆ The program works for all kinds of families: two-parents, single parent, foster, adoptive and blended families with children 0-5 yrs old.

What will you gain from the Nurturing Program?

- ◆ Establish nurturing routines for meal times, bed times, chores, etc.
- ◆ Learn to replace yelling with more effective discipline techniques such as redirection, choice and consequences, family rules and praise.
- ◆ Enjoy your family and have more fun together.